

(TMI Focus, Vol. XV, No. 2, Spring 1993)

## **HEMI-SYNC® ODYSSEY—PART I**

*by Barbara Bullard*

Community college instructor Barbara Bullard encountered HUMAN PLUS in the spring of 1989. For a decade she had been lecturing on the importance of bilateral synchronized brain waves for superlearning (or a super performance state) and also recognized that synchronization, in a slow alpha/theta rhythm, was a key factor in eliciting the “trophotropic response,” the body’s autonomic healing mechanism. Barbara had experimented with a variety of audiotapes, none of which aided learning or truly facilitated the desired self-healing response. When a friend shared a new brochure from The Monroe Institute touting *H-PLUS®*, the instructor and her advanced undergraduate class in intrapersonal communications decided to give the tapes a “test drive.” In her words: “Having tried many other tapes that looked promising but did not pan out, I was pleasantly surprised by the positive impact of the tapes, as reported by the students, within two weeks. The tapes truly seemed to help in the self-change and self-healing work for the students.”

This experience catalyzed her decision to attend a *GATEWAY VOYAGE®* in the summer of 1989, and subsequently to join the Professional Division and attend the Professional Seminar at The Monroe Institute® the following summer. During the seminar Barbara saw computer-generated brain maps of individuals experiencing Hemi-Sync—objective evidence of hemispheric synchronization produced by Hemi-Sync tapes. In this, the first of a four-part series, Barbara Bullard shares with the FOCUS some of the results and benefits she has observed when H-PLUS is used to assist the learning process.

**FOCUS:** So, Barbara, you mentioned that your previous experiences had left you skeptical about the capability of tapes to enhance the learning process. What was your first impression of the HUMAN PLUS concept?

**Barbara:** When I first read the literature, I thought to myself, “That’s a big order they are claiming for a tape.”

**FOCUS:** And now?

**Barbara:** My initial skepticism is long gone. After three years of watching the effects of the H-PLUS tapes, I am a big fan.

**FOCUS:** What are some of the reasons for your enthusiasm?

**Barbara:** Well, being an educator, my initial interest was in helping my students with their learning skills, their ability to concentrate, and to deal with test anxiety and math anxiety. Since [they] attend a community college, many of them need to improve their study habits.

**FOCUS:** Which H-PLUS function exercises have worked best for general learning skills?

**Barbara:** Two H-PLUS tapes that are helpful for study are *Imprint* and *Think Fast*. Since I personally have no trouble with retention and recall, when I study I prefer to use *Imprint* to imprint the information I read the first time I read it. *Think Fast* is a great tape for those of us who desire an all-around tonic for creative thinking abilities, reading comprehension, and to apprehend more quickly. This tape has provided a positive panacea for the mental slowdown that I experienced after turning forty.

**FOCUS:** You spoke of students' problems with math anxiety, also. Did the tapes help with this?

**Barbara:** Yes, many of my students have difficulty passing the math competencies in pursuit of their Associate of Arts degree. Over two dozen of them have used *Buy The Numbers* to help them pass math and to understand its principles better. This tape is a favorite among students.

**FOCUS:** How about study habits in general?

**Barbara:** The *Attention* tape has helped students enhance their focus while studying. The *Options* tape helps with their creativity. *Speak Up* helps the students rather dramatically with their nervousness about speaking out in class or giving public speeches, and *Make Your Day* helps them to make the most effective use of a day and to overcome procrastination.

**FOCUS:** Thank you, Barbara, for sharing what you've gleaned from your application of H-PLUS to facilitate the learning process.

[In part II of this series, we'll discuss H-PLUS's impact on personal change and development.]

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